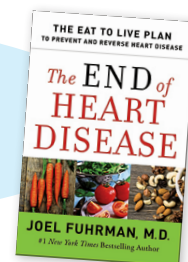


MD Rx for 100% healthy

These strategies from Joel Fuhrman, M.D., prevent—and even reverse—cardiovascular disease, *plus* blast fat, boost vitality, sharpen brain function and more!



Up to 9 out of 10 women have at least one risk factor for heart disease, but Joel Fuhrman, M.D., promises, “You can make yourself heart attack–proof.” A few simple dietary and lifestyle changes can work wonders to optimize heart health, plus deliver a wealth of feel-great side effects. “When you focus on keeping your heart healthy, you’ll shed pounds, rev energy and slow aging,” says Dr. Fuhrman. Indeed, a study in the *American Journal of Lifestyle Medicine* revealed that women who follow his advice lose an average of 50 pounds in 2 years while slashing levels of heart-harming triglycerides. Read on for Dr. Fuhrman’s top tips, and pick up his book, *The End of Heart Disease* (HarperOne, 2016; \$29) for more.

Eat kale!

Cruciferous greens are as close to a miracle food as we can get, says Dr.

Fuhrman, noting that kale, cabbage and broccoli contain a chemical (*isothiocyanate*) that prevents plaque from forming in the heart. Plus, the veggies fight oxidative stress and weight gain. But chew well, he adds, since the reaction that battles oxidative stress happens in the mouth, not the stomach. Aim for 8 oz. a day, with half of them raw. “Uncooked, these veggies have an enzyme that enables the production of anti-cancer compounds.”



Go for a “wog”

A 15-minute walk just twice a week can lower blood pressure and promote fat loss when done in conjunction with a heart-healthy diet. Up the ante by adding 3 to 4 minutes of jogging intervals to increase exertion level. “Interval training is likely the best exercise to protect your heart” says Dr. Fuhrman, explaining that it helps maintain blood-vessel elasticity.

Sleep away stress

Relaxation and sleep lower stress levels to safeguard the heart, says Dr. Fuhrman. His before-bed trick to bring on zzzs: Concentrate on one area of your body at a time to totally relax the muscles there, starting with your forehead and working your way down to your feet. Then imagine lying under a shady palm tree, muscles too heavy to move, and feel the relaxation wash over you.

Blend up nature’s medicine

“Blending healthy ingredients increases the absorption of healing nutrients,” asserts Dr. Fuhrman. He explains that a blender crushes plant cell walls more efficiently than chewing, making it easier for your body to absorb the heart-healthy phytochemicals. One of his favorite recipes: Blend 1 cup of chopped kale, 1 cup of chopped romaine, 1 banana, 1 cup of frozen blueberries, ½ cup of unsweetened almond milk, ½ cup of pomegranate juice and 1 Tbs. of ground flaxseeds; drink and enjoy!



Crunch on walnuts

Think of walnuts as a yummy cholesterol eraser. “Studies have shown walnuts remove cholesterol from the body, lower LDL [bad] cholesterol and triglycerides, and increase HDL [good] cholesterol,” notes Dr. Fuhrman. “They also lower LDL particle number and serum glucose—both very important for protecting your heart.” No other food or medicine can do even a few of these things, he says, yet walnuts do all simultaneously. Aim for ¼ cup daily.

Consider plant sterols

For an assist to lower cholesterol, Dr. Fuhrman recommends natural plant sterols in lieu of oft-prescribed drugs. Plant sterols bind to cells that line the small intestine to block cholesterol absorption. Ask your doctor about plant sterols (like Natrol Cholesterol Balance Beta Sitosterol, \$4 for 60 tablets, Vitacost.com) if your LDL level is above 120 even after diet tweaks, Dr. Fuhrman suggests. He adds that maximum effects are seen at intakes of 2 grams a day.